



Boston's 2025 Population Estimate

August 22, 2025



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Planning Department
RESEARCH DIVISION

City of Boston Planning Department

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The following presentation is the work of the **City of Boston Planning Department Research Division**.

Use of our work **requires** the inclusion of the following citation: "City of Boston Planning Department Research Division Analysis."

BOSTON'S 2025 POPULATION ESTIMATE

- 1** THE 2025 POPULATION IN BOSTON
- 2** POPULATION ESTIMATE METHODOLOGY
- 3** 2025 POPULATION CHARACTERISTICS
- 4** MYDEMOGRAPHIC VIEWER TOOL
- 5** EXPLORING NEIGHBORHOOD CHANGE TOOL

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Research created 2025 population estimates for Boston as an **alternative** to Census estimates

Research estimates **correct for Census undercounts** of Boston's population

- Young adults, and neighborhoods with large shares of young adults, are particularly undercounted in the Census data

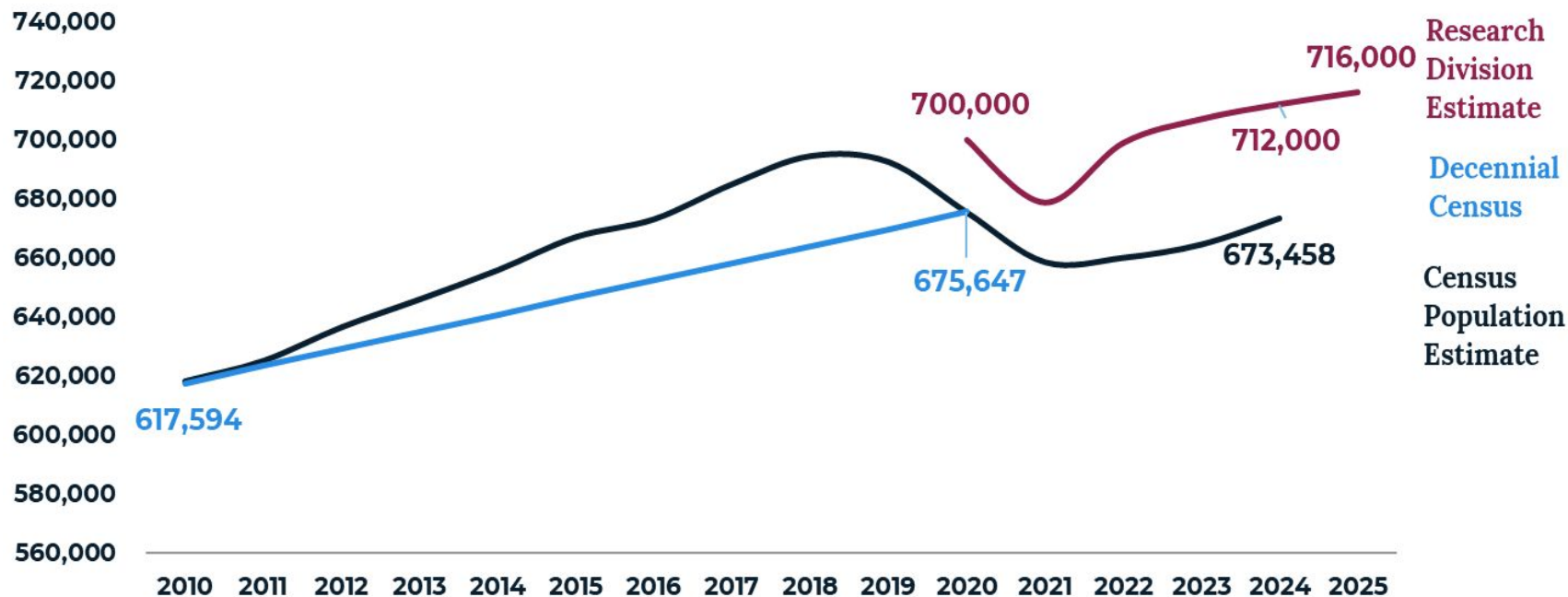
Research provides **current 2025 estimates without time lag**

- Most recent Census data is 2024 for total citywide population, 2023 for citywide demographic characteristics, and 2019-2023 for neighborhoods and tracts

Data from **college and K-12 school enrollment, birth and death certificates, and real estate development** support Research estimates

Census Bureau population estimates continue to **undercount** Boston's population

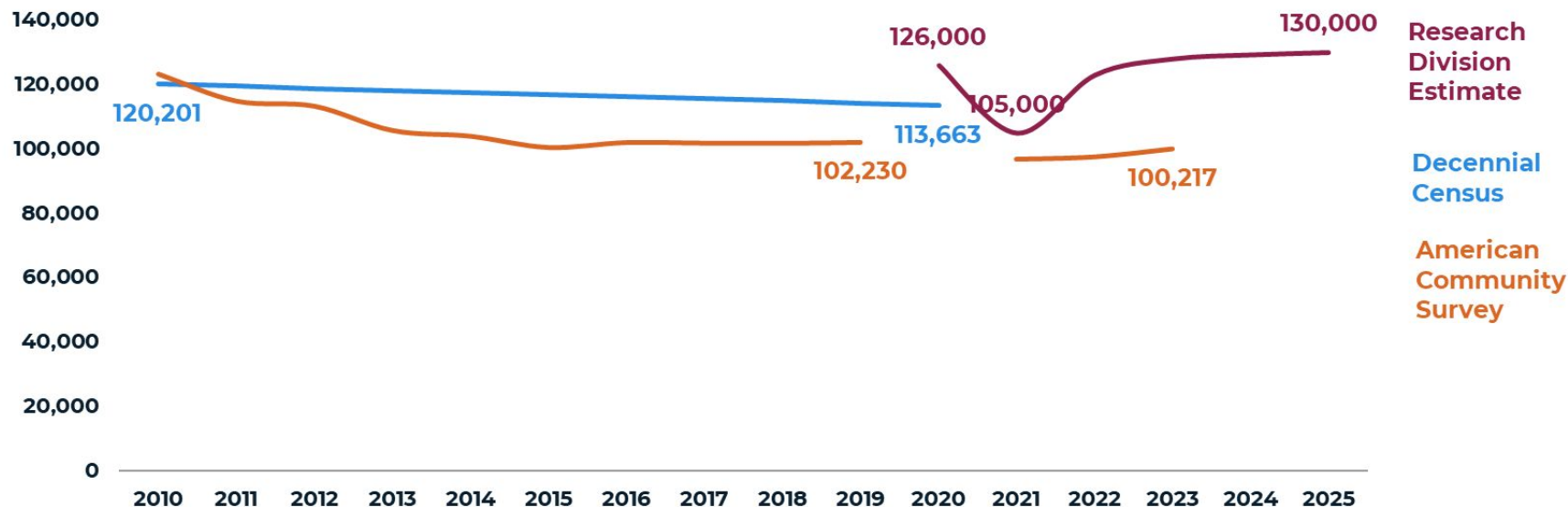
Decennial Census, Census Population Estimate, and Research Division Estimates of Boston's Population, 2010-2025



Source: 2010 & 2020 Decennial Census & Vintage 2019 & 2023 Population Estimates & Planning Department Estimates, City of Boston Planning Department Research Division Analysis

The Census Bureau undercount is largest among Boston's population aged 18-to-24

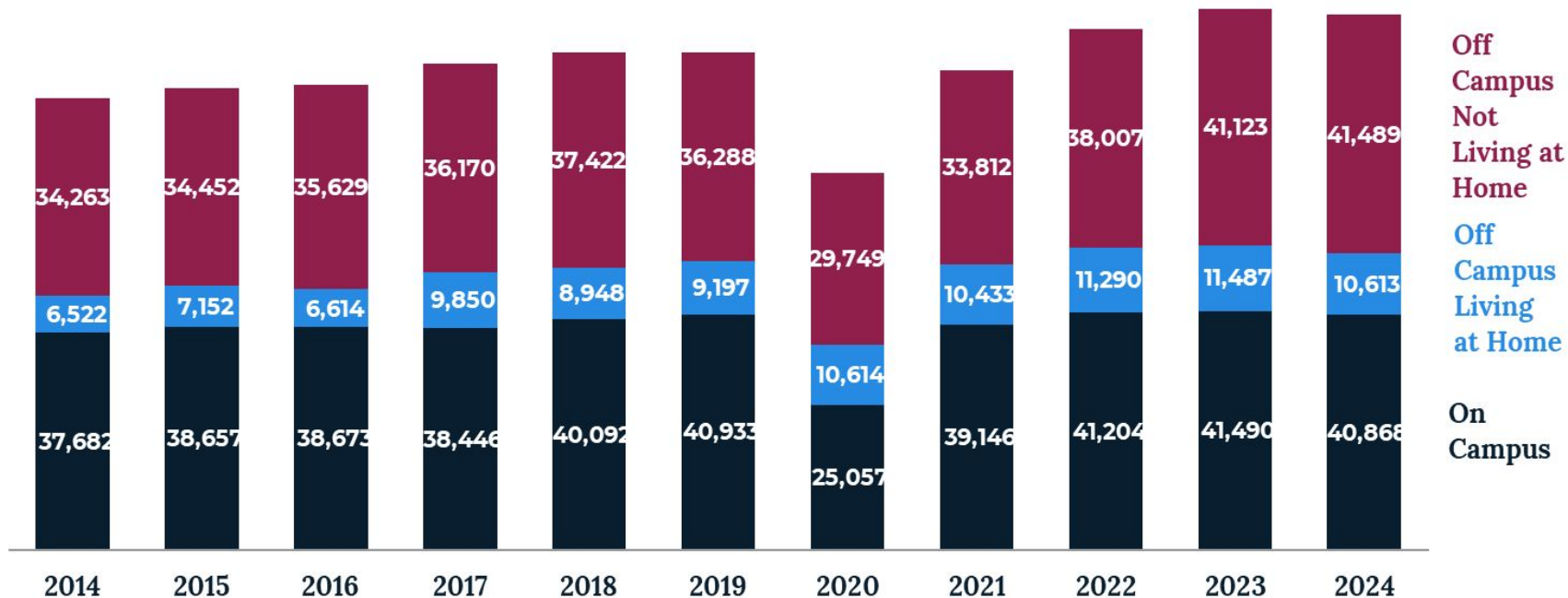
Decennial Censuses, American Community Surveys, and Research Division Estimates of Boston's 18-24 Population, 2010-2025



Source: 2010 & 2020 Decennial Census & Vintage 2019 & 2023 Population Estimates & Planning Department Estimates, City of Boston Planning Department Research Division Analysis

College data provide strong evidence for Research estimates of growing 18-to-24 population

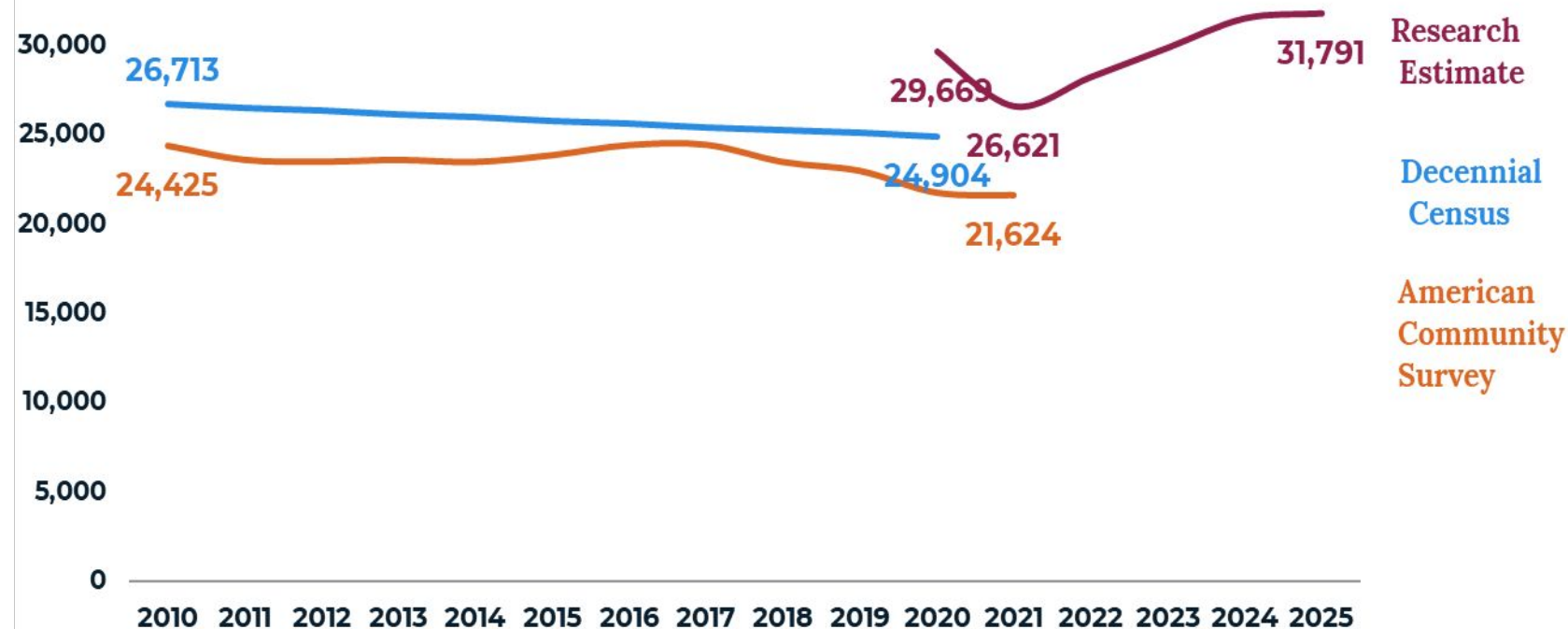
Fall 2014 to fall 2024 University Accountability Ordinance residential data



Source: 2014-2024 University Accountability Ordinance, Boston Planning Department Research Division Analysis

Neighborhoods like Allston with large young adult populations are particularly undercounted by Census data

Decennial Census, American Community Survey, and Research Division Estimates of Allston's Population, 2010-2025



Source: U.S. Census Bureau 2010 and 2020 Decennial Census & 2009-2023 5-Year ACS,
City of Boston Planning Department Research Division Analysis.

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THREE FACTORS DRIVE CITYWIDE POPULATION ESTIMATES & PROJECTIONS:



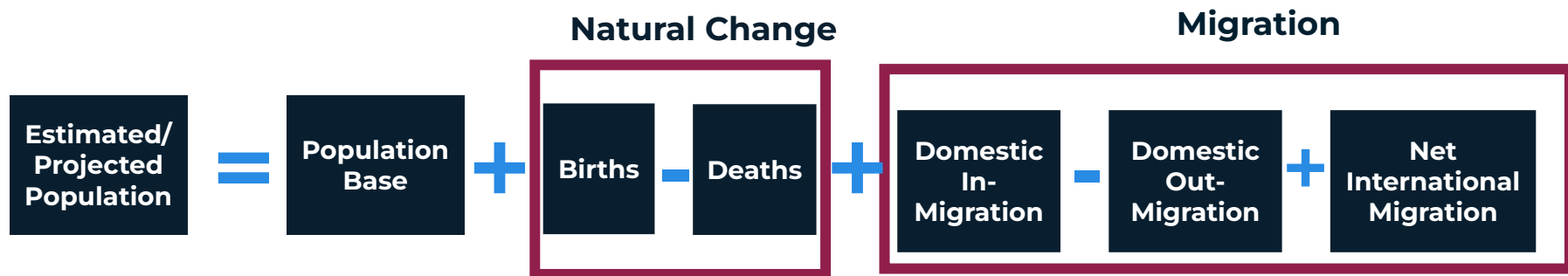
BIRTHS



DEATHS



MIGRATION



Annual Neighborhood Population Estimate Methodology

*Our citywide model projects a total
2025 population with an age profile*

*Neighborhood populations are
controlled to this age profile*

Housing units

Neighborhoods vary by the number of units built

Household formation

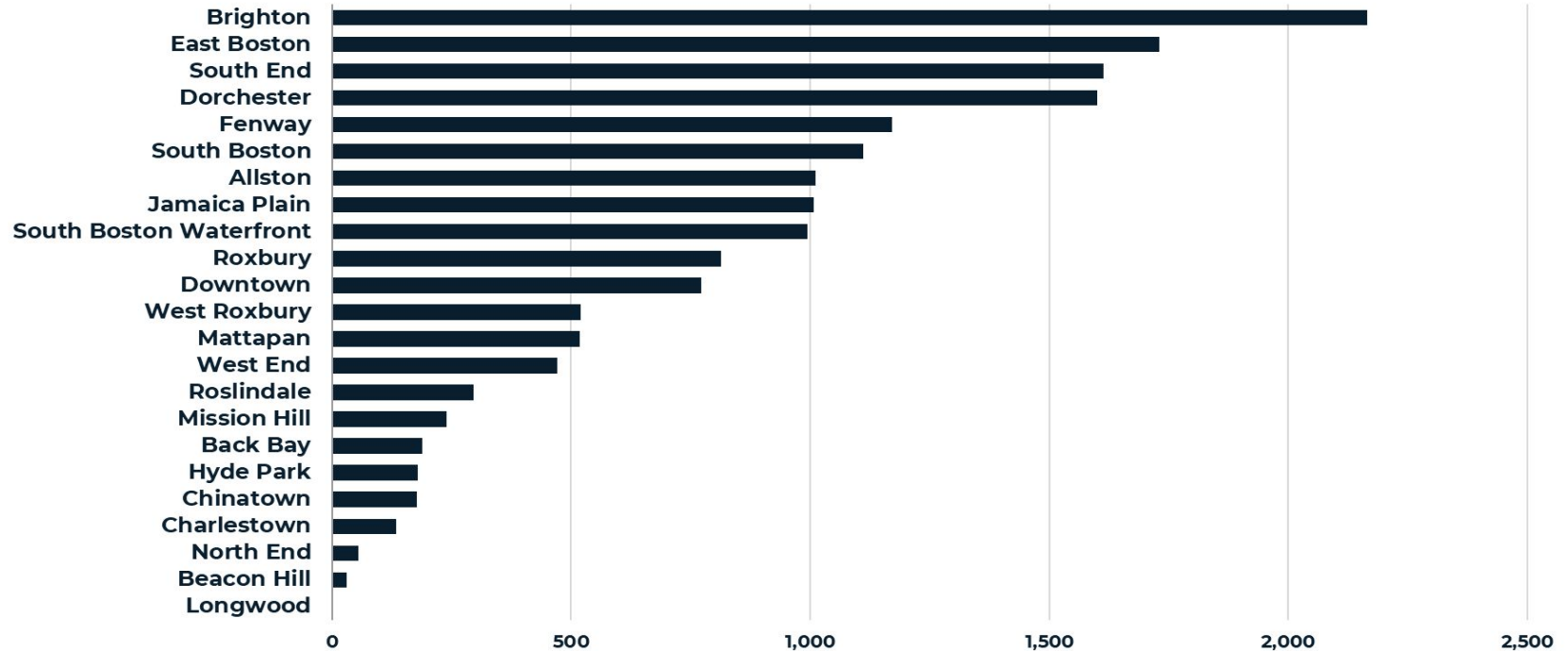
Neighborhoods vary by the age of the householder

Resident mobility

Neighborhoods vary by those with high and low mobility

Housing production determines where in the city the population will live

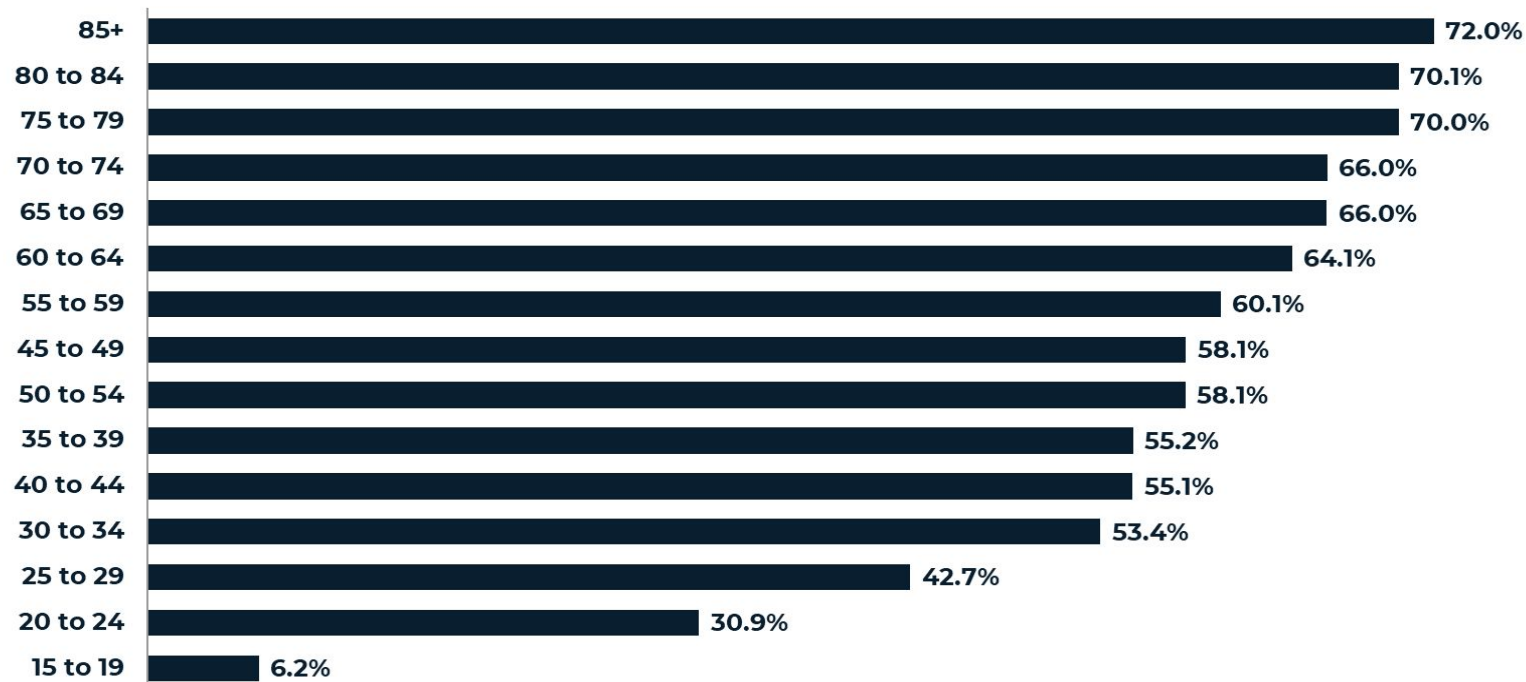
Net new housing units by neighborhood, April 1, 2020 through the end of 2024



Source: Mayor's Office of Housing, City of Boston Planning Department Research Division Analysis.

Headship rates by age distribute the population into households

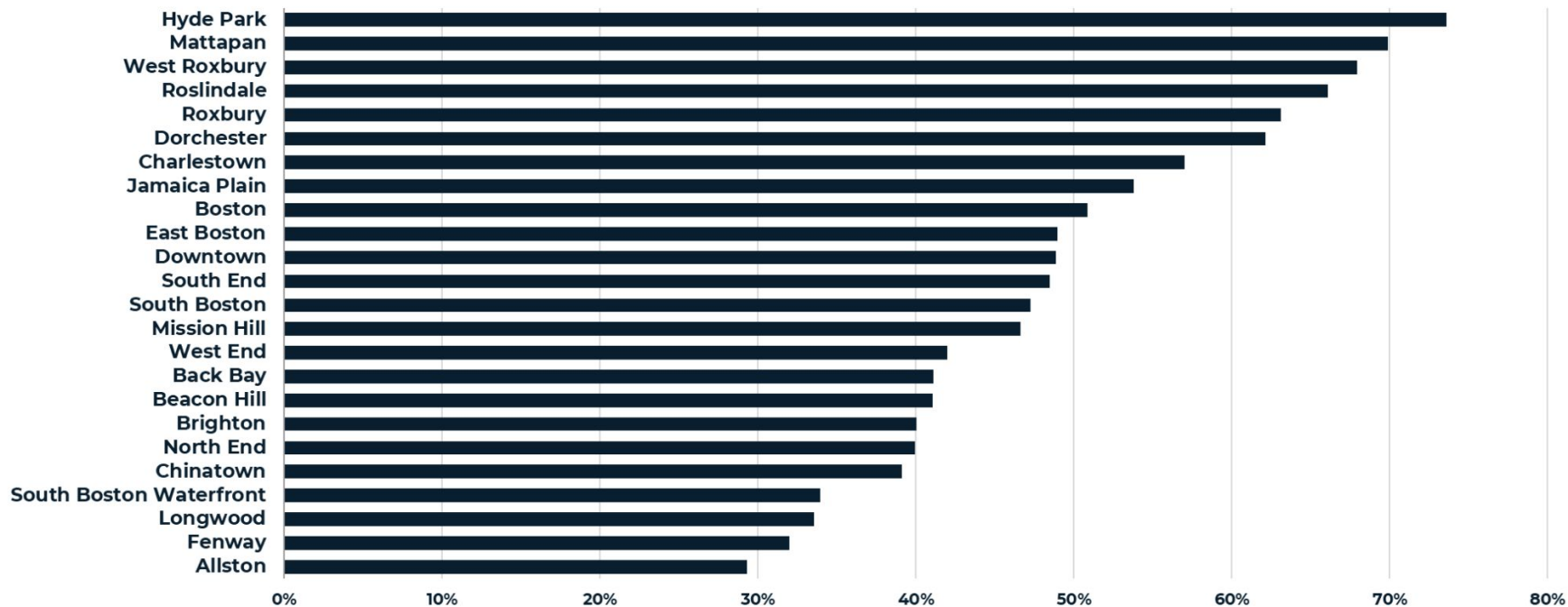
Share of age group household population that is head of household, 2025



Source: 2025 Research Division Population Estimates, City of Boston Planning Department Research Division Analysis.

The likelihood that a household does not move from year to year impacts population growth at a neighborhood level

Share of households that yearly do not move by neighborhood



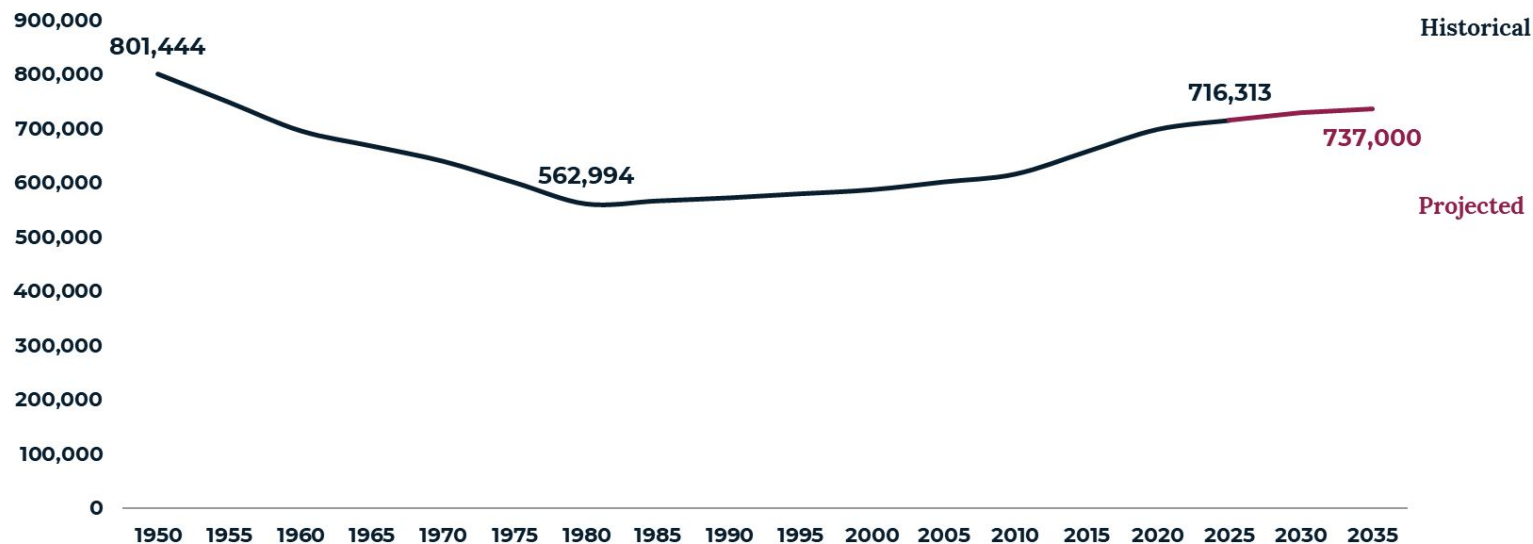
Source: 2025 Research Division Population Estimate, City of Boston Planning Department Research Division Analysis.

BOSTON'S 2025 POPULATION ESTIMATE

- 1 HISTORICAL POPULATION AND DEMOGRAPHIC TREND
- 2 POPULATION ESTIMATION METHODOLOGY
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Boston's 2025 population is 716,313 and projected to grow to 737,000 by 2035

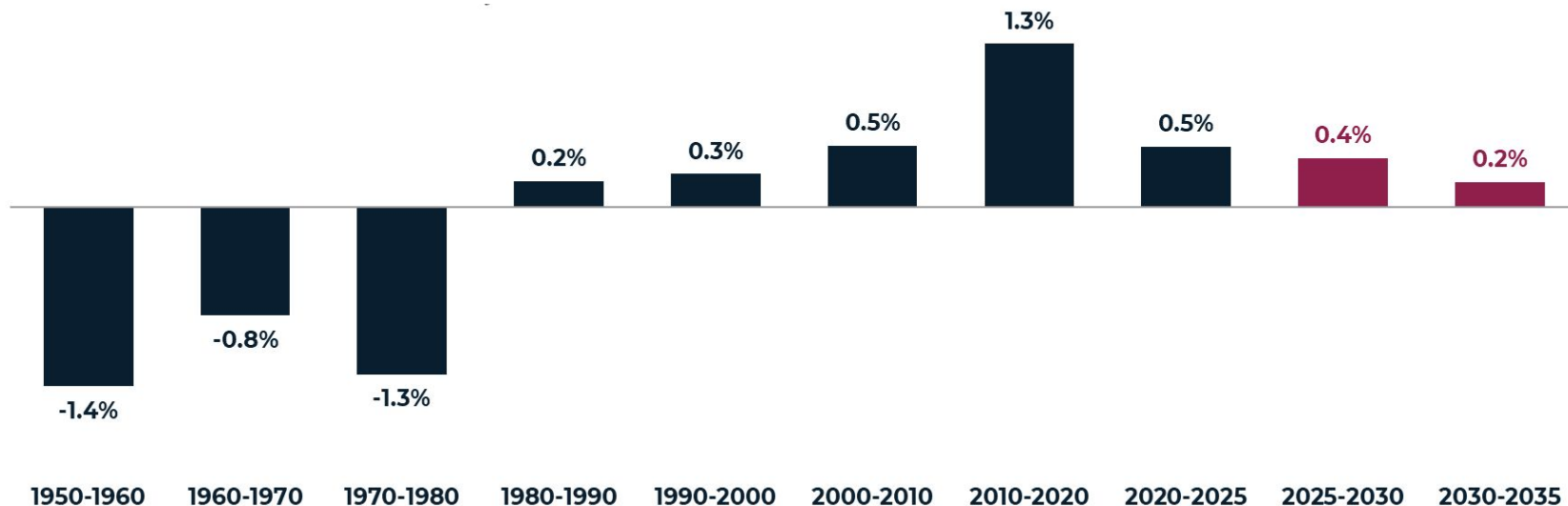
1950 to 2010 Decennial Censuses, 2020 to 2025 Population Estimates and 2030 to 2035 Population Projections



Sources; 1950 to 2010 Decennial Censuses, 2020 to 2025 Research Division Population Estimates, and 2030 to 2035 Research Division Population Projections, Research Division Analysis

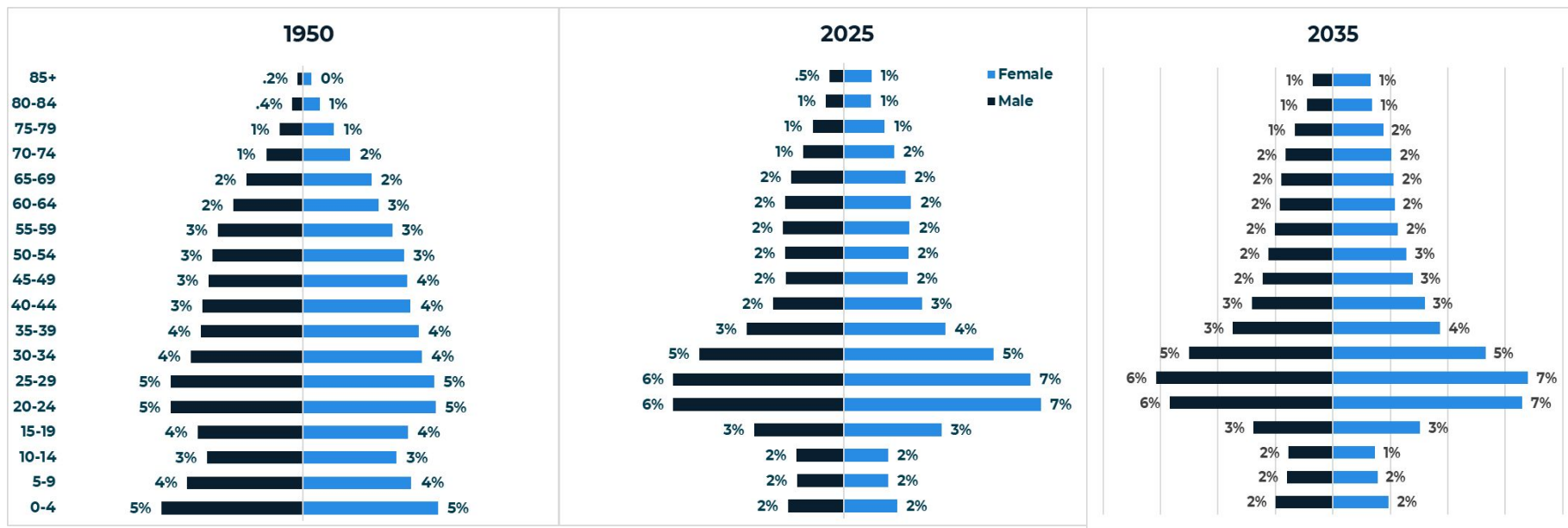
Boston's compound annual population growth rate is slowing from the historically high growth of the 2010s

1950 to 2010 Decennial Censuses, 2020 to 2025 Population Estimates and 2030 to 2035 Population Projections



Sources; 1950 to 2010 Decennial Censuses, 2020 to 2025 Research Division Population Estimates, and 2030 to 2035 Research Division Population Projections, Research Division Analysis

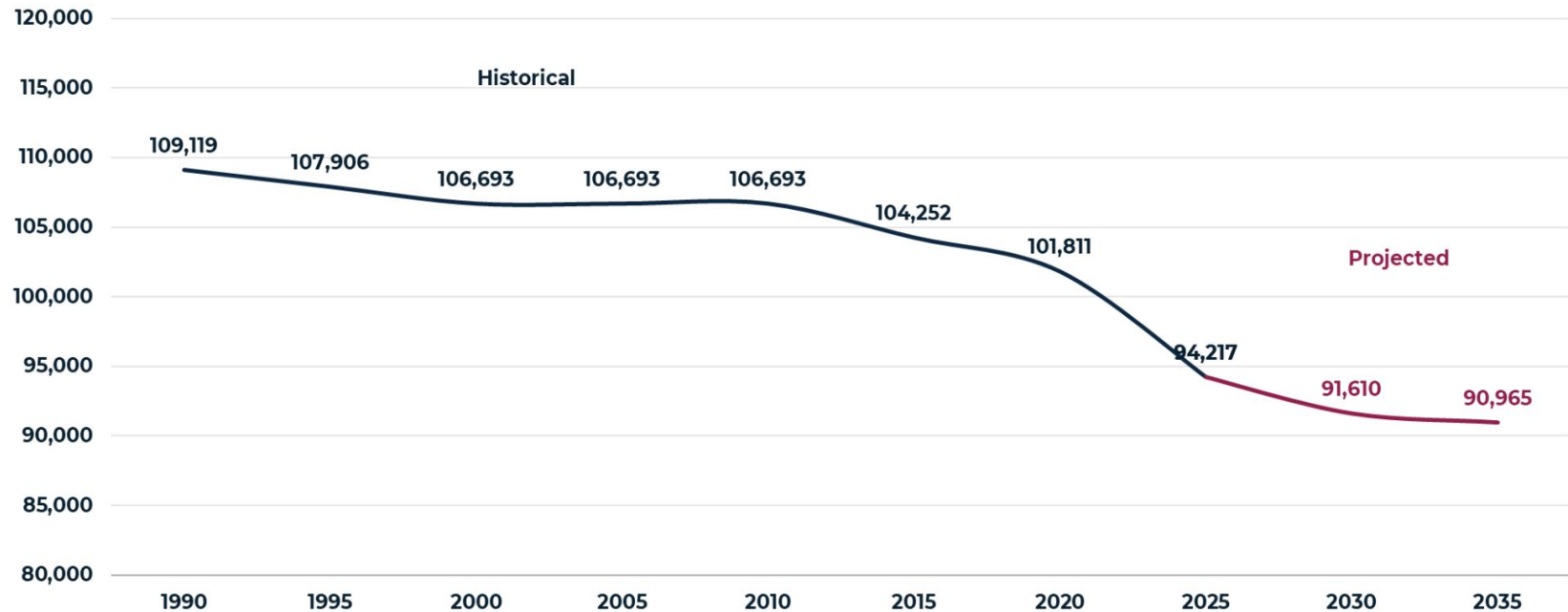
Boston keeps a young adult focus but the population is slowly aging



Sources: 1950 Decennial Census, 2025 Research Division Population Estimate, and 2035 Research Division Population Projection, City of Boston Planning Department Research Division Analysis.

Boston's under 18 population declined after COVID-19, but is projected to stabilize

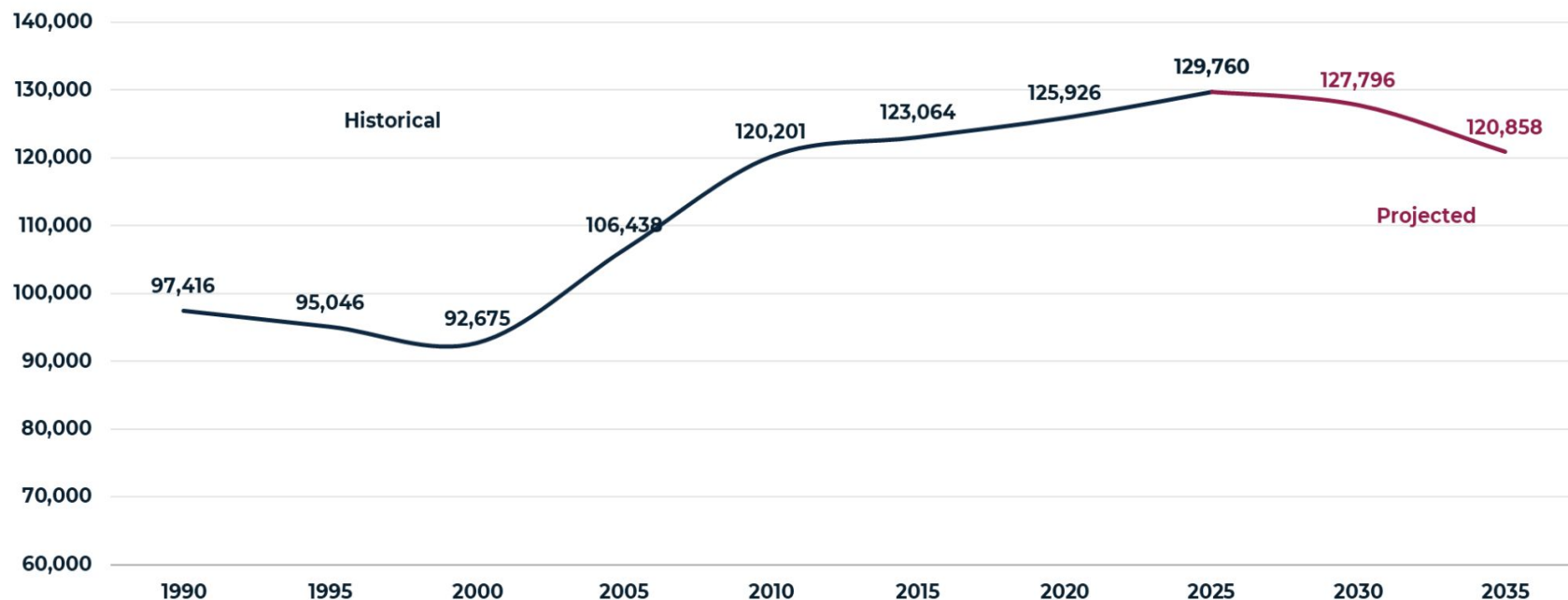
Boston's population under age 18, 1990-2025 Population Estimates, and 2030 to 2035 Population Projections



Sources: 1990-2010 Decennial Censuses, 2020-2025 Research Division Estimates, and 2030-2035 Research Division Projections, City of Boston Planning Department Research Division Analysis.

After growth from 2000 to 2025, Boston's 18-to-24 population is projected to decline starting in 2030

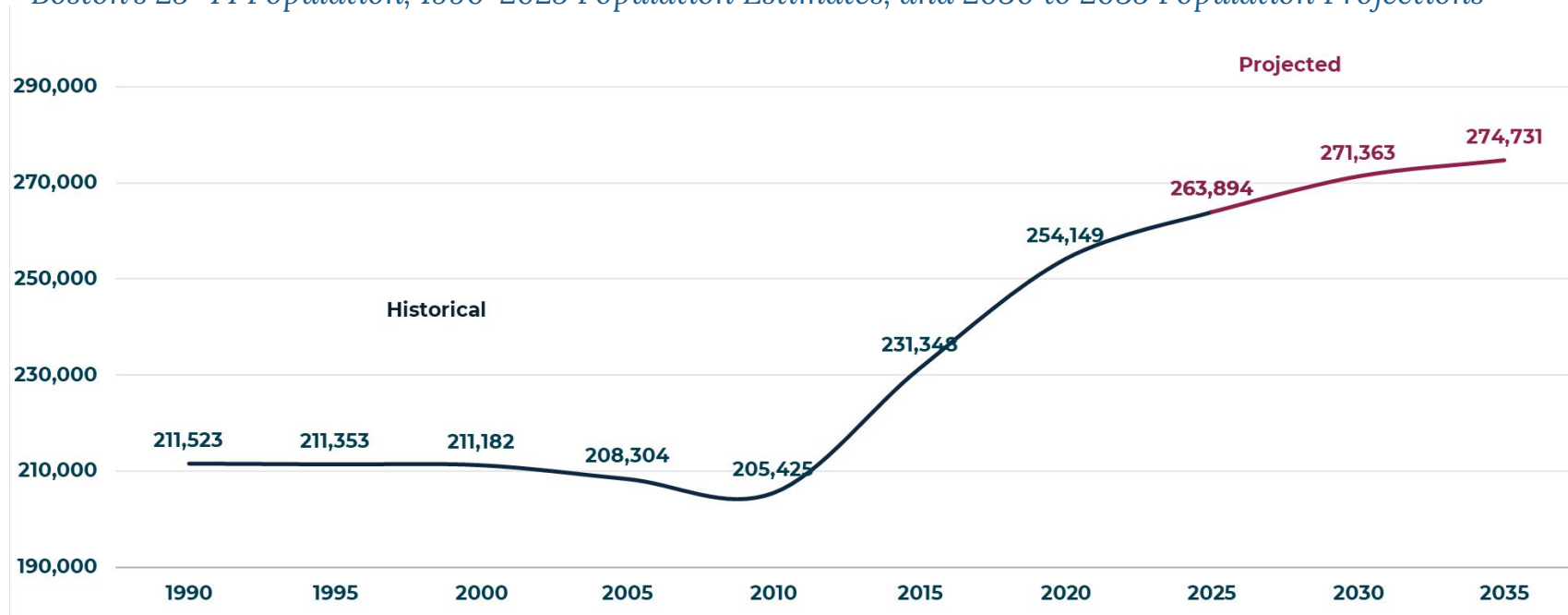
Boston's 18-24 Population, 1990-2025 Population Estimates, and 2030 to 2035 Population Projections



Sources: 1990-2010 Decennial Censuses, 2020-2025 Research Division Estimates, and 2030-2035 Research Division Projections, City of Boston Planning Department Research Division Analysis.

The 25-to-44 population contributed to Boston's population growth after 2010 and is projected to continue to grow

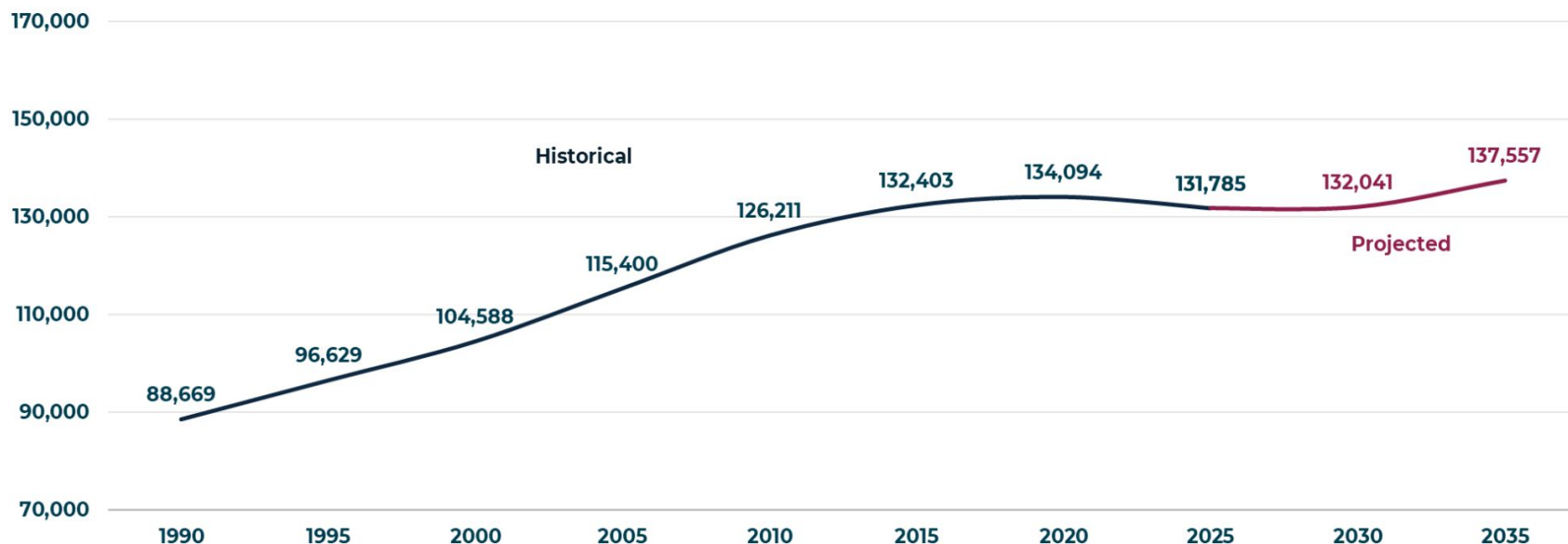
Boston's 25-44 Population, 1990-2025 Population Estimates, and 2030 to 2035 Population Projections



Sources: 1990-2010 Decennial Censuses, 2020-2025 Research Division Estimates, and 2030-2035 Research Division Projections, City of Boston Planning Department Research Division Analysis.

Growth in Boston's 45-to-64 population contributes to the city's aging population

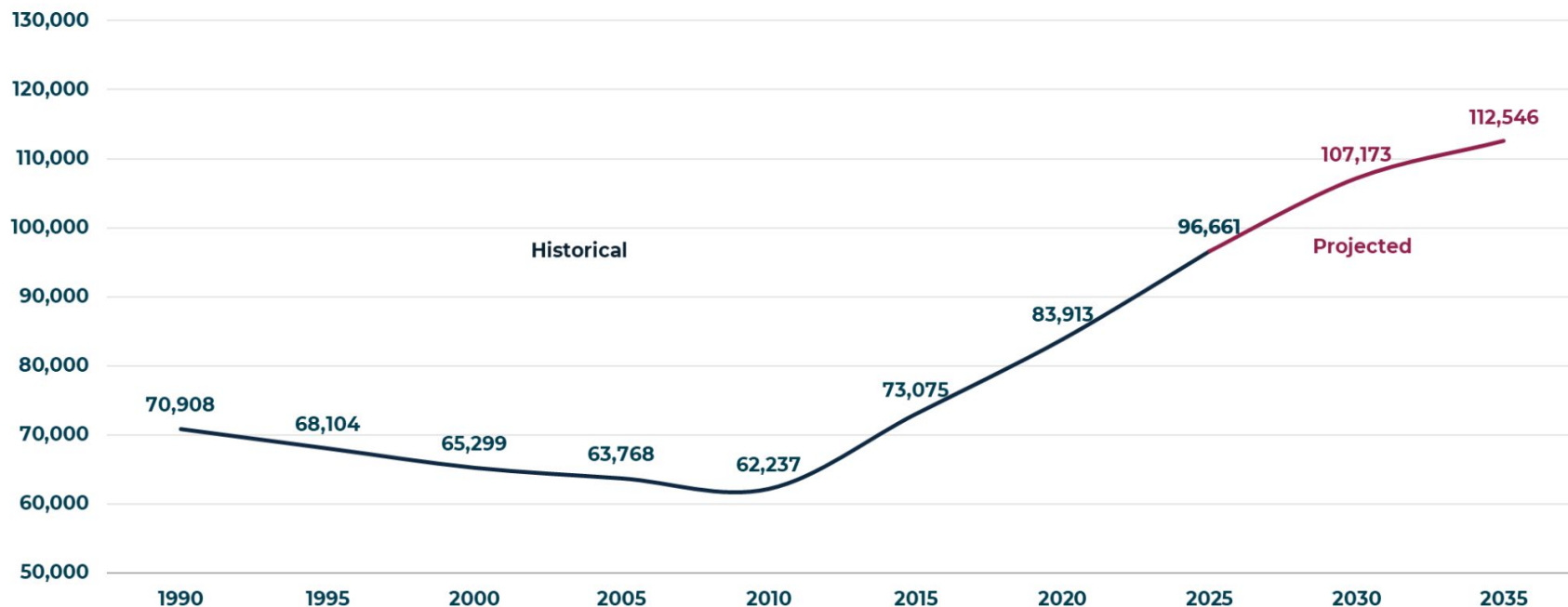
Boston's Population 45-64, 1990-2025 Population Estimates, and 2030 to 2035 Population Projections



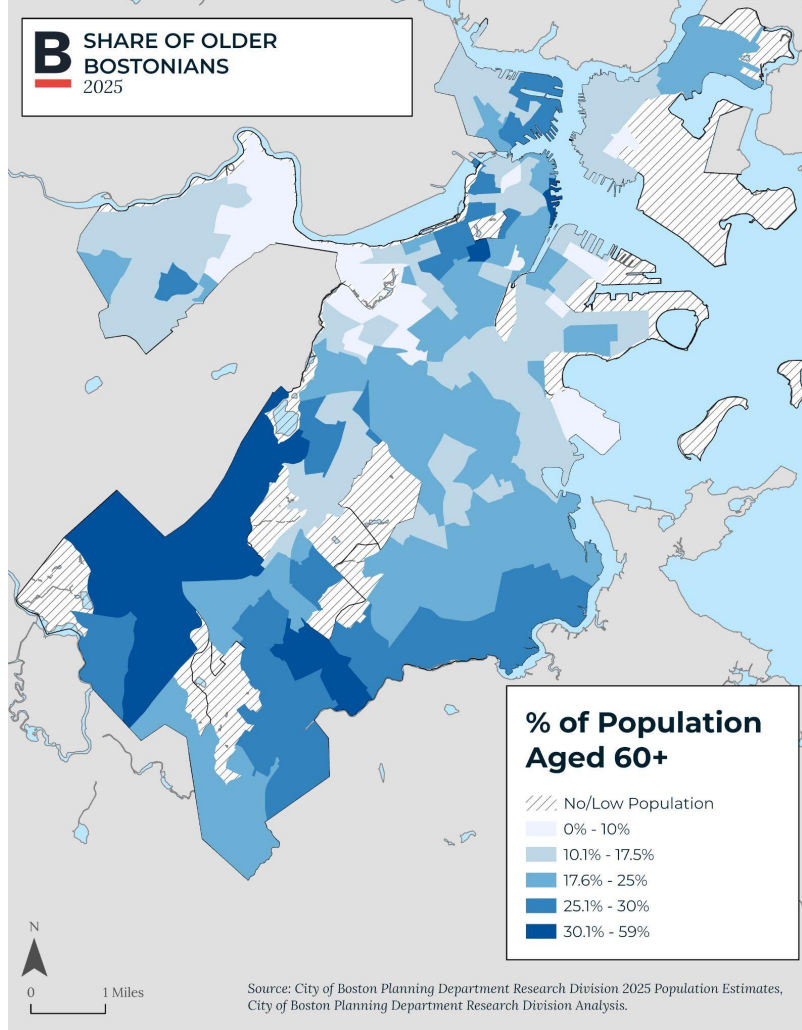
Sources: 1990-2010 Decennial Censuses, 2020-2025 Research Division Estimates, and 2030-2035 Research Division Projections, City of Boston Planning Department Research Division Analysis.

Boston's fastest growing population is 65-and-older

Boston's 65+ population, 1990-2025 Population Estimates, and 2030 to 2035 Population Projections



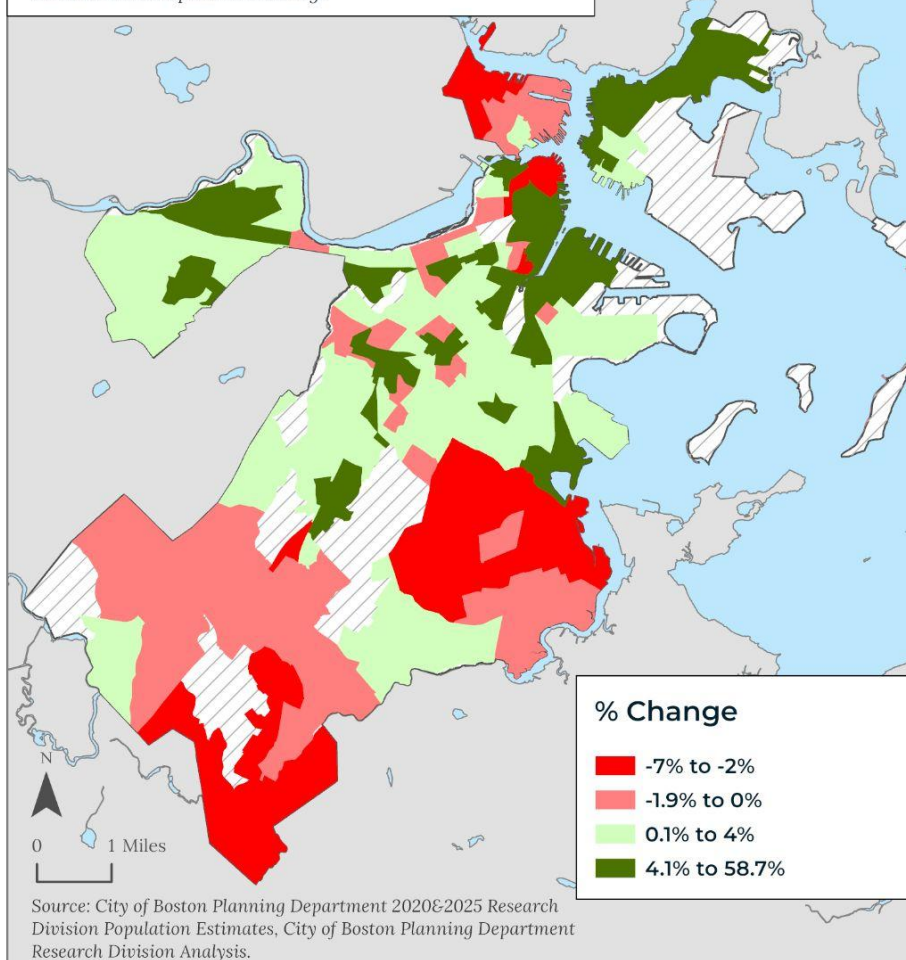
Sources: 1990-2010 Decennial Censuses, 2020-2025 Research Division Estimates, and 2030-2035 Research Division Projections, City of Boston Planning Department Research Division Analysis.



Census tracts with higher shares of older residents tend to see lower mobility and lower population growth

BOSTON POPULATION CHANGE

2020 to 2025 Population Change



Even though the city's population increased by over 16,000 residents from 2020 to 2025, the increase was not distributed evenly across neighborhoods.



Housing production increased population in some areas



Aging populations and smaller household size decreased population in other areas

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READ, VISUALIZE, & DOWNLOAD DATA



bostonplans.org/research



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2020 Census

MyDemographic Viewer

Boston Stories and Numbers

Domestic Migration Map

Economic Indicators Dashboard

Employment Map

Exploring Neighborhood Change

Exploring Land Use and Value

Mapping Diversity in Boston

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RESEARCH

The Research Division strives to understand the current environment of the city to produce research and targeted information that will inform and benefit the residents and businesses of Boston.

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2020 CENSUS

Where to find 2020 Census data and analysis for Boston.
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MYDEMOGRAPHIC VIEWER

MyCensus Viewer is an interactive map product that visualizes U.S. Census data for Boston. It includes two maps built...
[Learn More »](#)

BOSTON STORIES AND NUMBERS

Explore the stories and demographics of Boston's diverse residents.
[Learn More »](#)

DOMESTIC MIGRATION MAP

ECONOMIC INDICATORS

EMPLOYMENT MAP

MYDEMOGRAPHIC VIEWER

- Tool to interactively view & download the Research Division's 2025 population estimates
- Answer questions like:
 - How many **people** live in my neighborhood?
 - How many units of **housing** were added in this Census Tract from 2011 to 2024?
 - What's the average household **income** in Boston?
 - How do people in these Census Tracts get to **work**?
 - ... and more!

bostonplans.org/research/mydemographic-viewer

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MYDEMOGRAPHIC VIEWER



City of Boston
Planning Department

MyDemographic Viewer

Welcome to MyDemographic Viewer

The Research Division of the City Of Boston Planning Department creates annual population estimates for Boston. MyDemographic Viewer is an interactive map that visualizes these estimates for Boston.

2025 RESEARCH DIVISION ESTIMATE MAP

The City of Boston Research Division created age-specific population estimates for Boston, its neighborhoods and Census tracts. 2019-2023 American Community Survey (ACS) data were used to break down the Research Division population estimates by demographic characteristics.

[CLICK TO VIEW](#)

These 2025 population estimates replace previous 2024 population estimates. The 2024 population estimates by age can now be found in the [Exploring Neighborhood Change](#) tool along with other historical data.

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EXPLORING NEIGHBORHOOD CHANGE

- Tool to interactively view, map, & download demographic, housing, transportation, and loan data from 1950 to 2035.
- Answer questions like:
 - What percentage of Boston's **population** had a bachelors degree in 1950 vs in 2010?
 - How has **housing** vacancy changed from 1950 to 2025?
 - What means of **transportation** did people take to work in 1950 vs. in 1980 vs. in 2020?
 - How much did small businesses in Boston get in **loans** from 1996 to 2022?
 - ... and more!

bostonplans.org/research/exploring-neighborhood-change

RESEARCH DIVISION

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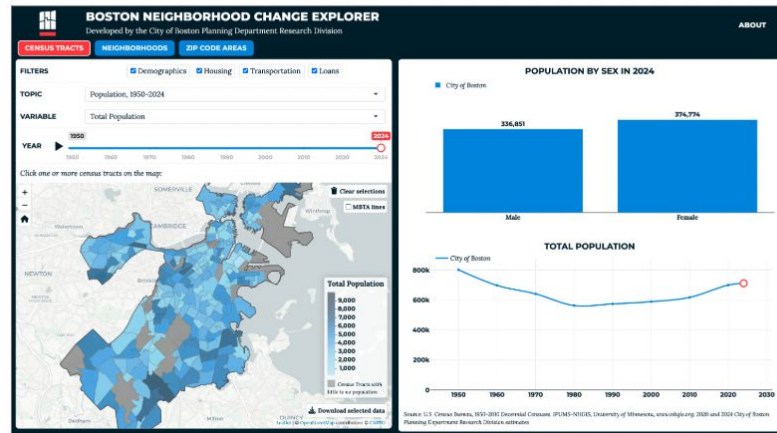
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EXPLORING NEIGHBORHOOD CHANGE

The Boston Neighborhood Change Explorer is a tool for people to visualize some of the ways that Boston and its neighborhoods have changed from 1950 to the present. Users can create custom geographic areas of interest based on census tracts or neighborhoods and move through time using interactive controls in order to explore topics like total population, age distribution, race & ethnicity, nativity, housing occupancy & tenure, educational attainment, and labor force participation.

[View the tool](#)



City of Boston